

Professional Development and Training in Early Care and Education

# Institute for Early Learning

January – May 2012 Catalog

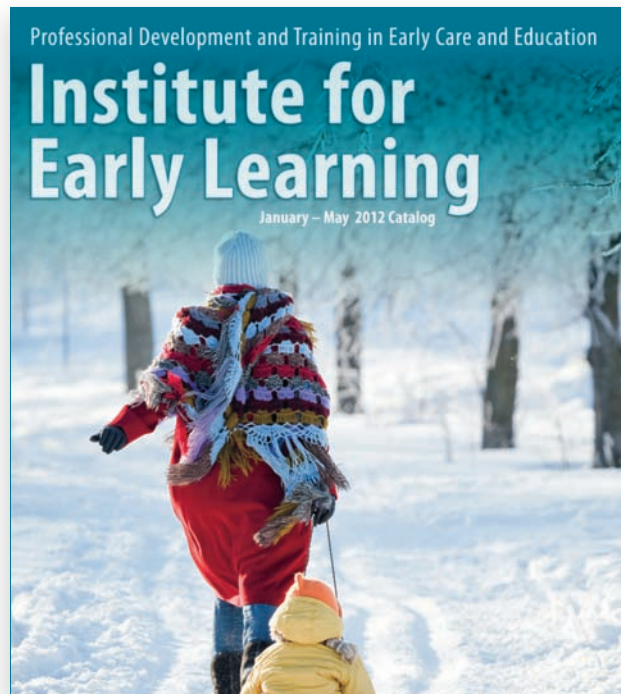


Registration Begins  
December 14, 2011

**O F C** Office for Children

Department of Family Services • Office for Children  
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*The Institute for Early Learning  
facilitates the professional development of  
individuals working with young children  
through responsive, educational training  
opportunities related to early care and learning.*



Fairfax County is committed to providing equal access to all its citizens and activities. In compliance with applicable law, reasonable accommodations will be provided upon request. Call 703-324-3044 or TTY 711.



A Fairfax County, VA  
Publication

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# Introduction

Thank you for your interest in professional development classes offered by the Office for Children's Institute for Early Learning. We look forward to providing responsive, educational training opportunities as we help you create learning experiences for children of all ages.

## Competencies for Child Care Professionals

Virginia child care experts have identified eight skill areas that are important for early childhood professionals to master. You can increase your ability to provide quality learning experiences for young children by taking courses in all of these areas. The next page shows how each of our courses relates to these eight competency areas.

- Area I: Health, Safety and Nutrition
- Area II: Child Growth and Development
- Area III: Child Observation and Assessment
- Area IV: Partnering With Families and Community
- Area V: The Learning Environment
- Area VI: Effective Interactions and Positive Guidance
- Area VII: Program Management
- Area VIII: Teacher Qualification/Professional Development

## Course Level

Our courses are labeled basic, intermediate, advanced or all levels. You can take courses at any level, however, it helps to start with basic courses if you are new to the profession.

- **Basic:** Classes for those who are new to child care or who want to build a strong foundation in early childhood education.
- **Intermediate:** For those with some experience in child care who desire a greater understanding of young children or seek new ideas for their programs.
- **Advanced:** For those who have worked with children for many years and want to increase their knowledge of early care and learning.
- **All Levels:** Classes that provide valuable information for all learners.

## School Readiness Certificate

The School Readiness Certificate program is a series of four courses (45 hours) that helps you prepare children to enter kindergarten ready to succeed. Once you have successfully completed the four courses, you may be eligible for credit through Northern Virginia Community College.

## Early Learning Guidelines

Fairfax County's "Early Learning Guidelines" are used to explore how children develop in eight key areas and how you can support children's growth in each domain. The "Early Learning Guidelines" will help you plan learning experiences for the children in your care. View the "Early Learning Guidelines" at: [www.fairfaxcounty.gov/ofc](http://www.fairfaxcounty.gov/ofc).

### Early Learning Guidelines – Domains

- SE – Social and Emotional Development
- AL – Approaches to Learning
- LA – Language
- LIT – Literacy
- MA – Mathematics
- SCI – Science
- CA – Creative Arts
- HP – Health and Physical Development

## The Business of Family Child Care

If you are a family child care provider, the workshops on pages 21-23 can help you successfully care for children in your home. **If you would like to become a family child care provider, please call 703-324-8100.**

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**Training hours are creditable toward initial CDA requirements.**

# Course List by Virginia Competency Areas

## Area I: Health, Safety and Nutrition

- Family Child Care Business Workshops

## Area II: Child Growth and Development

- Brain Gym
- Children's Natural Temperaments
- Infants and Toddlers: Group Care
- Infants and Toddlers: Learning and Development
- Infant Development: Birth to 18 Months
- More Than Happy, Sad and Mad: Supporting Emotional Development
- Preschool Development: 3 to 5 Years
- Rethinking the Brain, Part II
- Toddler Development: 16 Months to 3 Years

## Area III: Child Observation and Assessment

- Watching to Learn: The Art of Observing Young Children
- Writing Objective Observations

## Area IV: Partnering With Families and Community

- Infants and Toddlers: Strengthening Families
- Paving the Way to Kindergarten: Routines, Requirements and Responsibilities
- Paving the Way to Kindergarten: Getting Ready for the First Day

## Area V: The Learning Environment

- Art for Infants and Toddlers
- Art for Preschoolers
- A Visit to the Nature Playce
- Count Me In: Math and Young Children
- Early Literacy and the Preschooler
- Exploring Conversations With Children
- Infants and Toddlers: Early Math
- Kitchen Science for Preschoolers
- Learn to Rhyme, Learn to Read
- Mother Nature's Child
- Movement Activities for Preschoolers
- Rhymes, Rhymes, Nursery Rhymes
- School Age: Designers in the Making
- School Age: Games Around the World
- School Age Science: Look, It's a Grasshopper!
- Science Made Easy
- Sensory Awareness and Sensory Tables
- Songs Throughout the Day

- Storytelling
- What's New in Picture Books?
- Wolf Trap: Sing a Song of Stories
- Wolf Trap: Math Detectives

## Area VI: Effective Interactions and Positive Guidance

- Positive Guidance: Preschool Strategies

## Area VII: Program Management

- Building Connections Through Small Groups
- Daily Transitions
- Family Child Care Business Workshops

## Area VIII: Teacher Qualification/Professional Development

### Cursos en Español

- Arte para bebés y niños pequeños
- El temperamento y el desarrollo óptimo del niño
- Guía positiva: estrategias para el beneficio mutuo del niño y el adulto
- Incluyendo a niños con necesidades especiales
- Interacciones enriquecedoras entre adultos y niños: nacimiento hasta 3 años
- Interacciones enriquecedoras entre adultos y niños: preescolares

### Family Child Care Business Workshops

- Child Abuse and Neglect Recognition and Response
- Cooking With Children
- Emergency Preparedness
- Entrenamiento de Día Completo para las Proveedoras de Cuidado de Niños
- Growing Your Child Care Business
- Growing Your Child Care Business: The Next Step
- Marketing Strategies
- MyPlate
- Record-Keeping Management
- SIDS and Shaken Baby Syndrome
- Tax Preparation for Family Child Care Providers
- USDA Child and Adult Care Food Program Orientation

### School Readiness Certificate Courses

- Course 3: Exploring Curriculum and Building Quality Portfolios
- Course 4: Helping Children and Families Make Terrific Transitions

## General Information

### To Enroll

Enrollment is available to professionals working in a legally operating child care center, preschool, or family child care home in Fairfax County, and to early childhood professionals living in Fairfax County.

- If you are a family child care provider, you may enroll in **two** Institute courses or workshops (see pages 6-19) **and two** family child care business workshops (see pages 21-23).
- If you work in a center or preschool, you may enroll in **two** Institute courses (see pages 6-19). A limit of **five** staff from the same center or preschool may enroll in the same course or workshop.
- You must be **enrolled** in a course or workshop to attend. On-site enrollment is not available. If you are not enrolled or are on a waiting list, you will be unable to participate.

### To Cancel

If you are unable to attend a course or workshop, please cancel your enrollment at least 24 hours in advance. Call the training line: **703-324-3044** or email [dfsifel@fairfaxcounty.gov](mailto:dfsifel@fairfaxcounty.gov).

### Inclement Weather Policy

If you have a question about a weather-related cancellation, you may call the training line at 703-324-3044. You will hear an announcement if training has been cancelled.

**If Fairfax County Government is closed or closes early, training classes are cancelled.**

**If Fairfax County Public Schools:**

- Are closed: there will be no training that day or that evening.
- Open late: there will be no morning training, but afternoon and evening training will continue as scheduled.
- Close early: there will be no afternoon or evening training.
- Cancel evening activities: there will be no evening training.
- Are closed on Friday: please call the training line at 703-324-3044 to find out if your Saturday training has been cancelled. You will hear an announcement if training has been cancelled.

### Additional Information

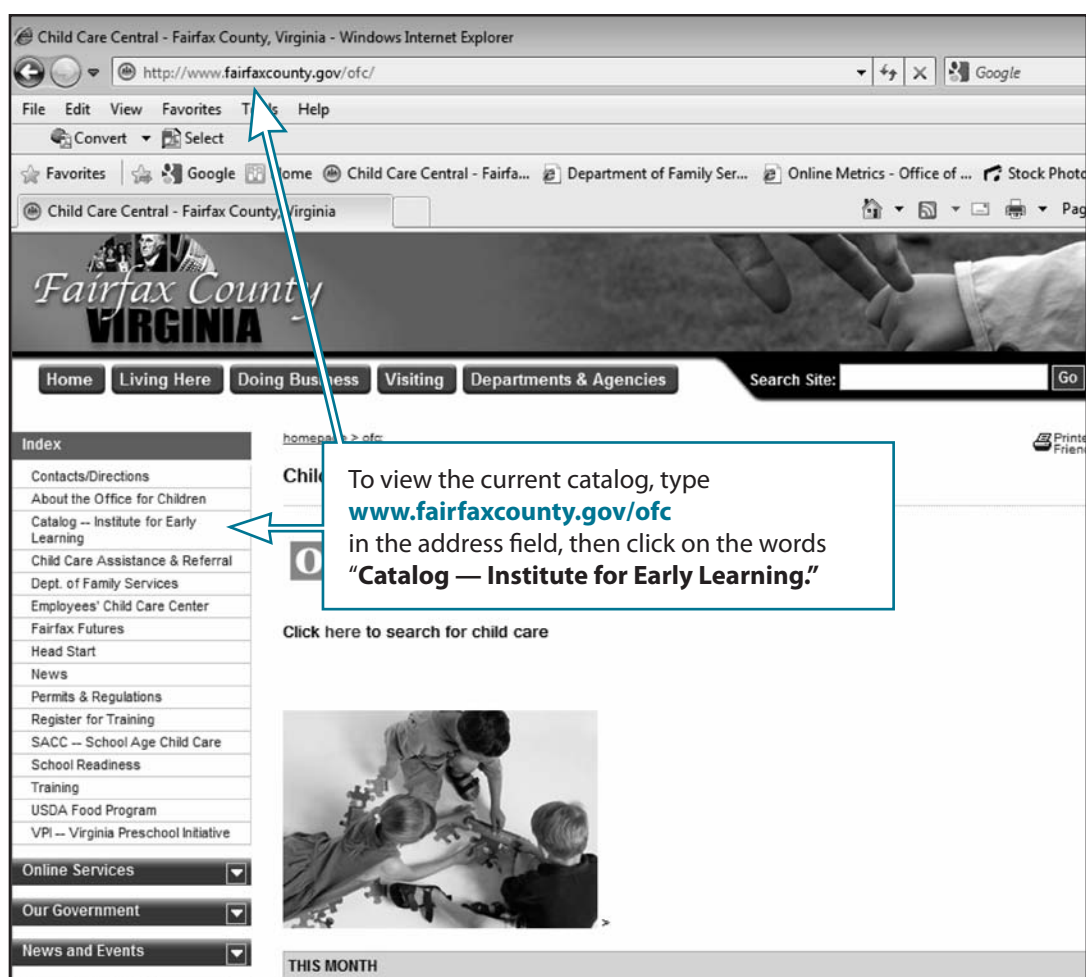
To receive a **certificate of completion for a workshop**, you must attend the entire workshop.

- To receive a **certificate of completion for courses** with multiple sessions, you must attend all course sessions.
- To receive a **letter of participation** for courses with multiple sessions, you must attend more than half the course sessions.
- Training is offered at different locations throughout Fairfax County. Please be sure to check the dates, times and locations of courses before completing the registration form.
- **Training is for adults only; we cannot accommodate children in any of the courses or workshops.**

## VIEW THE CATALOG ONLINE

For more information about child care training or to read this catalog online, visit the Fairfax County Office for Children website at [www.fairfaxcounty.gov/ofc](http://www.fairfaxcounty.gov/ofc).

## Now You Can View the Catalog Online Before Registration Begins!



You can view the catalog online by the first week of December, May and August.

**Registration for Winter - Spring 2012 classes begins Wednesday, December 14, 2011.**

# Course List by Date

## January Classes

### Children's Natural Temperaments

Course: 4 hours

Course Level: All Levels

Understanding children's inborn personality traits benefits your work with children. Learn about nine temperament traits, learn about your own temperament, and practice how to respond to children with different temperaments.

**Wednesdays, January 4, 11  
1 – 3 p.m.**

**Course #: 1301-01**

Resource Center at Main Street, Room 211  
10201 Main Street, Fairfax 22030  
Presenter: Marshann Snyder  
CDA Content Areas: 3, 8

### Infant Development: Birth to 18 Months

Course: 4 hours

Course Level: All Levels

Learn ways to support infants in all areas of their development – social, emotional, intellectual and physical. Examine child development theories and the implications for your work with young children.

**Mondays, January 9, 23  
7 – 9 p.m.**

**Course #: 1362-01**

Resource Center at Main Street, Room 211  
10201 Main Street, Fairfax 22030  
Presenter: Maria Gallagher  
CDA Content Area: 8

### Watching to Learn: The Art of Observing Young Children

Course: 10 hours

Course Level: All Levels

Explore strategies and techniques for building skills in noticing details, writing objective descriptions and anecdotes, and interpreting information for day-to-day use with children and families.

**Thursdays,  
January 5, 12, 19, 26; February 2  
7 – 9 p.m.**

**Course #: 1084-01**

Gum Springs Glen, Training Room  
7839 Richmond Highway, Alexandria 22306  
Presenter: Maria Gallagher  
CDA Content Area: 7

### Movement Activities for Preschoolers

Course: 6 hours

Course Level: All Levels

Encourage children to be more active through games and movement activities. Come ready to explore movement and learn new activities to use with the children in your care. Dress comfortably as you will be moving around the room and on the floor for activities.

**Thursdays, January 12, 19, 26  
1 – 3 p.m.**

**Course #: 1324-01**

Resource Center at Main Street, Room 202  
10201 Main Street, Fairfax 22030  
Presenter: Bronwyn Dean  
CDA Content Area: 2

### Daily Transitions

Course: 4 hours

Course Level: All Levels

Transitions happen many times throughout the day. Learn the importance of planning for transitions, and discover games, songs and movement activities that can be used to help children transition from one activity to another.

**Mondays, January 9, 23  
7 – 9 p.m.**

**Course #: 1388-01**

Resource Center at Main Street, Room 213  
10201 Main Street, Fairfax 22030  
Presenter: Bronwyn Dean  
CDA Content Areas: 1, 2

### NEW! Infants and Toddlers: Early Math

Workshop: 2 hours

Course Level: All Levels

Awareness of mathematical principles begins during infancy and occurs very naturally through play. Learn easy ways to incorporate math into daily routines for very young children. Sponsored by the Virginia Infant and Toddler Specialist Network.

**Wednesday, January 18  
7 – 9 p.m.**

**Course #: 1435-01**

Resource Center at Main Street, Room 211  
10201 Main Street, Fairfax 22030  
Presenter: Julie Renne  
CDA Content Area: 2



## Writing Objective Observations

Workshop: 3 hours

Course Level: Intermediate

The observation of children can provide a wealth of information. Learn how to write observations that are factual, descriptive and useful for curriculum planning and assessment.

**Saturday, January 21**

**Course #: 1369-01**

**9:30 a.m. – 12:30 p.m.**

Resource Center at Main Street, Room 213

10201 Main Street, Fairfax 22030

Presenter: Maria Gallagher

CDA Content Area: 7

## NEW! Paving the Way to Kindergarten: Routines, Requirements and Relationships

Workshop: 3 hours

Course Level: All Levels

Explore many ways parents can help prepare their children to be successful in elementary school through discussions of kindergarten routines, requirements and relationships. Learn strategies to support parents in the important role they have in paving their child's way to kindergarten.

**Saturday, January 21**

**Course #: 1423-01**

**9:30 a.m. – 12:30 p.m.**

Resource Center at Main Street, Room 211

10201 Main Street, Fairfax 22030

Presenters: Linda Miller, Carol Osborn

CDA Content Areas: 2, 3

## What's New in Children's Picture Books?

Workshop: 2 hours

Course Level: All Levels

Explore children's books that have been published recently. Learn about literacy elements that are evident every time you read to children. Discover fun and exciting ways to use these new books to enhance learning.

**Tuesday, January 24**

**Course #: 1392-01**

**7 – 9 p.m.**

John Marshall Library, Meeting Room

6209 Rose Hill Drive, Alexandria 22310

Presenter: Renee Edwards

CDA Content Area: 2

## Science Made Easy

Course: 4 hours

Course Level: All Levels

Science can be fun and simple. Explore easy science experiences to use in your program. Learn how to incorporate science concepts into learning opportunities and enhance children's abilities to see science all around them.

**Thursday, January 26; Tuesday, January 31**

**Course #: 1144-01**

**6 – 8 p.m.**

Pennino Building, Room 734

12011 Government Center Parkway, Fairfax, 22035

Presenter: Marshann Snyder

CDA Content Area: 2

## Toddler Development: 16 Months to 3 Years

Course: 4 hours

Course Level: All Levels

Learn ways to support toddlers in all areas of their development — social, emotional, intellectual and physical. Examine child development theories and the implications for your work with young children.

**Mondays, January 30; February 6**

**Course #: 1366-01**

**7 – 9 p.m.**

Resource Center at Main Street, Room 211

10201 Main Street, Fairfax 22030

Presenter: Maria Gallagher

CDA Content Area: 8

## Songs Throughout the Day

Course: 4 hours

Course Level: All Levels

Singing helps children learn new words, remember stories and have fun. Learn new songs to sing with children throughout the day in every child care setting.

**Mondays, January 30; February 6**

**Course #: 1293-01**

**7 – 9 p.m.**

Resource Center at Main Street, Room 213

10201 Main Street, Fairfax, 22030

Presenter: Bronwyn Dean

CDA Content Area: 2

January  
Classes

# Course List by Date

## February Classes

### Art for Preschoolers

Course: 8 hours

Course Level: All Levels

Learn how to create a supportive atmosphere for young children to experience art. Identify and use strategies that encourage children to think about their art. Be prepared to work with messy materials.

**Thursdays, February 2, 9, 16, 23  
1 – 3 p.m.**

**Course #: 1256-01**

Resource Center at Main Street, Room 208  
10201 Main Street, Fairfax, 22030  
Presenter: Bronwyn Dean

CDA Content Area: 2

### Count Me In: Math and Young Children

Course: 8 hours

Course Level: Intermediate

Children are natural mathematicians. They explore ideas about numbers, shapes, spatial relationships and patterns in natural, playful ways. Learn to make the most of children's math skills through games, stories and hands-on experiences.

**Thursdays,  
February 9, 16, 23; March 1  
7 – 9 p.m.**

**Course #: 1021-01**

Gum Springs Glen, Training Room  
7839 Richmond Highway, Alexandria 22306  
Presenter: Maria Gallagher

CDA Content Area: 2

### Infants and Toddlers: Learning and Development

Course: 8 hours

Course Level: All Levels

Infants are learning from the moment of birth. Explore various ways to respond to individual temperaments, learning styles and needs. Discover how to care for children in ways that are individually and culturally respectful.

**Tuesdays and Thursdays,  
February 9, 14, 28; March 8  
7 – 9 p.m.**

**Course #: 1222-01**

Resource Center at Main Street, Room 211  
10201 Main Street, Fairfax, 22030  
Presenter: Marshann Snyder

CDA Content Areas: 2, 3, 8

### Rhymes, Rhymes, Nursery Rhymes

Course: 4 hours

Course Level: All Levels

Nursery rhymes provide a rich language experience for young children. Review popular nursery rhymes and learn new ones that are sure to become favorites.

**Mondays, February 13, 27  
7 – 9 p.m.**

**Course #: 1393-01**

Resource Center at Main Street, Room 213  
10201 Main Street, Fairfax 22030  
Presenter: Bronwyn Dean

CDA Content Area: 2



## Preschool Development: 3 to 5 Years

Course: 4 hours

Course Level: All Levels

Learn ways to support preschoolers in all areas of their development – social, emotional, intellectual and physical. Examine child development theories and the implications for your work with children.

**Mondays, February 13, 27**  
**7 – 9 p.m.**

**Course #: 1368-01**

Resource Center at Main Street, Room 211  
10201 Main Street, Fairfax 22030  
Presenter: Maria Gallagher  
CDA Content Area: 8

## Exploring Conversations With Children

Course: 4 hours

Course Level: Advanced

Engaging children in conversations promotes emotional well-being, builds vocabulary, and enhances language skills. Learn to use open-ended questions and other techniques to extend learning opportunities throughout the day.

**Wednesdays, February 15, 22**  
**7 – 9 p.m.**

**Course #: 1412-01**

Resource Center at Main Street, Room 213  
10201 Main Street, Fairfax 22030  
Presenter: Andrea Sobel  
CDA Content Areas: 2, 3

## Positive Guidance: Preschool Strategies

Course: 6 hours

Course Level: Intermediate

Help children become more successful through the use of positive guidance techniques. Explore how positive phrasing, realistic choices and the use of encouragement can replace the use of time-out, rewards and punishment.

**Wednesdays, February 15, 22, 29**  
**7 – 9 p.m.**

**Course #: 1409-01**

Resource Center at Main Street, Room 211  
10201 Main Street, Fairfax 22030  
Presenter: Karen Quist  
CDA Content Area: 3

## NEW! School Age: Designers in the Making

Workshop: 3 hours

Course Level: Advanced

School-age children are great innovators and inventors. Discover how to put the “fun” in “function” while learning how to help children build structures as a team. Create new designs using recycled materials.

**Saturday, February 18**  
**9:30 a.m. – 12:30 p.m.**

**Course #: 1436-01**

Resource Center at Main Street, Room 208  
10201 Main Street, Fairfax 22030  
Presenter: Erin Jacobs

## Art for Infants and Toddlers

Workshop: 3 hours

Course level: All Levels

Experience the visual arts from the perspective of infants and toddlers. Explore the early stages of the many ways children can express themselves through art, and learn how art enhances a child’s early brain development. Be prepared to work with messy materials.

**Saturday, February 25**  
**9:30 a.m. – 12:30 p.m.**

**Course #: 1237-02**

Resource Center at Main Street, Room 208  
10201 Main Street, Fairfax 22030  
Presenter: Bronwyn Dean  
CDA Content Area: 2

## Writing Objective Observations

Workshop: 3 hours

Course Level: Intermediate

The observation of children can provide a wealth of information. Learn how to write observations that are factual, descriptive and useful for curriculum planning and assessment.

**Saturday, February 25**  
**9:30 a.m. – 12:30 p.m.**

**Course #: 1369-02**

Gum Springs Glen, Training Room  
7839 Richmond Highway, Alexandria 22306  
Presenter: Maria Gallagher

CDA Content Area: 7

February  
Classes

# Course List by Date

## March Classes

### Kitchen Science for Preschoolers

Course: 4 hours

Course Level: All Levels

The kitchen is a great place for science activities. Explore exciting science discoveries using common cooking ingredients. Learn how to incorporate science into everyday learning.

**Thursdays, March 1, 8  
1 – 3 p.m.**

**Course #: 1379-01**

Resource Center at Main Street, Room 208  
10201 Main Street, Fairfax 22030  
Presenter: Bronwyn Dean  
CDA Content Area: 2

### NEW! School Age: Designers in the Making

Workshop: 3 hours

Course Level: Advanced

School-age children are great innovators and inventors. Discover how to put the “fun” in “function” while learning how help children build structures as a team. Create new designs using recycled materials.

**Saturday, March 3  
9:30 a.m. – 12:30 p.m.**

**Course #: 1436-02**

Resource Center at Main Street, Room 208  
10201 Main Street, Fairfax 22030  
Presenter: Erin Jacobs

### NEW! School Age Science: Look, It's a Grasshopper!

Workshop: 2 hours

Course Level: All Levels

Experience a wide variety of fun science activities for children ages 5 through 12. Discover how to use common, everyday items to create amazing science activities.

**Monday, March 5  
7 – 9 p.m.**

**Course #: 1425-01**

Resource Center at Main Street, Room 208  
10201 Main Street, Fairfax 22030  
Presenter: Kathy Uhrich

### NEW! Building Connections Through Small Groups

Workshop: 2 hours

Course Level: All Levels

Engaging children in small group activities promotes opportunities for individual relationships to be developed and strengthened. Explore strategies to plan successful small group times for children. Discuss ways to make learning activities meaningful for all the children in your program.

**Wednesday, March 7  
7 – 9 p.m.**

**Course #: 1438-01**

Resource Center at Main Street, Room 211  
10201 Main Street, Fairfax 22030  
Presenter: Tina Lee  
CDA Content Areas: 1, 3

### Infant Development: Birth to 18 Months

Course: 4 hours

Course Level: All Levels

Learn ways to support infants in all areas of their development – social, emotional, intellectual and physical. Examine child development theories and the implications for your work with young children.

**Thursdays, March 8, 15  
7 – 9 p.m.**

**Course #: 1362-02**

Gum Springs Glen, Training Room  
7839 Richmond Highway, Alexandria 22306  
Presenter: Maria Gallagher

CDA Content Area: 8

### NEW! Learn to Rhyme, Learn to Read

Workshop: 2 hours

Course Level: All Levels

Nursery rhymes expose children to the joy of words and language, which is the first step toward children becoming proficient readers. Learn how to effectively use rhymes with young children.

**Wednesday, March 14  
7 – 9 p.m.**

**Course #: 1426-01**

Resource Center at Main Street, Room 211  
10201 Main Street, Fairfax 22030  
Presenters: Renee Edwards, Carol Osborn  
CDA Content Area: 2



## Movement Activities for Preschoolers

Course: 6 hours Course Level: All Levels

Encourage children to be more active through games and movement activities. Come ready to explore movement and learn new activities to use with the children in your care. Dress comfortably as you will be moving around the room and on the floor for activities.

**Thursdays, March 15, 22, 29** Course #: 1324-02  
**1 – 3 p.m.**

Resource Center at Main Street, Room 202  
10201 Main Street, Fairfax 22030  
Presenter: Bronwyn Dean

CDA Content Area: 2

## Storytelling

Workshop: 3 hours Course Level: All Levels

Learn and practice simple techniques for sharing stories to spark children's imagination, build literacy skills, and have fun.

**Saturday, March 17** Course #: 1320-01  
**9:30 a.m. – 12:30 p.m.**

Resource Center at Main Street, Room 211  
10201 Main Street, Fairfax 22030  
Presenter: Maria Gallagher

CDA Content Area: 2

## Art for Infants and Toddlers

Workshop: 3 hours Course level: All Levels

Experience the visual arts from the perspective of infants and toddlers. Explore the early stages of the many ways children can express themselves through art and learn how art enhances a child's early brain development. Be prepared to work with messy materials.

**Saturday, March 17** Course #: 1237-03  
**9:30 a.m. – 12:30 p.m.**

Resource Center at Main Street, Room 208  
10201 Main Street, Fairfax 22030  
Presenter: Bronwyn Dean

CDA Content Area: 2

## NEW! School Age: Games Around the World

Workshop: 2 hours Course Level: All Levels

Learn to play a wide variety of games from around the world. Explore the history behind some of the common, everyday games your children play each day. Come prepared to play!

**Monday, March 19** Course #: 1427-01  
**7 – 9 p.m.**

Resource Center at Main Street, Room 213  
10201 Main Street, Fairfax 22030  
Presenters: Steve Snyder, Kathy Uhrich

## Toddler Development: 16 Months to 3 Years

Course: 4 hours Course Level: All Levels

Learn ways to support toddlers in all areas of their development – social, emotional, intellectual and physical. Examine child development theories and the implications for your work with young children.

**Thursdays, March 22, 29** Course #: 1366-02  
**7 – 9 p.m.**

Gum Springs Glen, Training Room  
7839 Richmond Highway, Alexandria 22306  
Presenter: Maria Gallagher

CDA Content Area: 8

March  
Classes





# Course List by Date

## April Classes

### Rhymes, Rhymes, Nursery Rhymes

Course: 4 hours

Course Level: All Levels

Nursery rhymes provide a rich language experience for young children. Review popular nursery rhymes and learn new ones that are sure to become favorites.

**Thursdays, April 5, 12**

**Course #: 1393-02**

**1 – 3 p.m.**

Resource Center at Main Street, Room 211

10201 Main Street, Fairfax 22030

Presenter: Bronwyn Dean

CDA Content Area: 2

### More Than Happy, Sad and Mad: Supporting Emotional Development

Course: 4 hours

Course Level: All Levels

Explore ways to help preschool children begin to identify their own and others' feelings. Learn strategies to help children understand and communicate their feelings and develop empathy. Discover how to use books and classroom activities to support children's emotional expression.

**Wednesdays, April 11, 18**

**Course #: 1400-01**

**7 – 9 p.m.**

Resource Center at Main Street, Room 213

10201 Main Street, Fairfax 22030

Presenter: Lora Fader Dunne

CDA Content Areas: 3, 8

### Positive Guidance: Preschool Strategies

Course: 6 hours

Course Level: Intermediate

Help children become more successful through the use of positive guidance techniques. Explore how positive phrasing, realistic choices and the use of encouragement can replace the use of time-out, rewards and punishment.

**Wednesdays, April 11, 18, 25**

**Course #: 1409-02**

**7 – 9 p.m.**

Resource Center at Main Street, Room 211

10201 Main Street, Fairfax 22030

Presenter: Karen Quist

CDA Content Area: 3

### Preschool Development: 3 to 5 Years

Course: 4 hours

Course Level: All Levels

Learn ways to support preschoolers in all areas of their development – social, emotional, intellectual and physical. Examine child development theories and the implications for your work with children.

**Thursdays, April 12, 19**

**Course #: 1368-02**

**7 – 9 p.m.**

Gum Springs Glen, Training Room

7839 Richmond Highway, Alexandria 22306

Presenter: Maria Gallagher

CDA Content Area: 8

### A Visit to the Nature Playce

Workshop: 3 hours

Course Level: All Levels

Outdoor play stimulates children's mental and physical well-being while creating an appreciation for nature. Visit the Fairfax County Park Authority's new Nature Playce – a wooded play area where you can take children to enjoy meaningful interactions with nature. Experience learning stations featuring live animals, creative activities and more.

**Saturday, April 14**

**Course #: 1391-01**

**9:30 a.m. – 12:30 p.m.**

Hidden Oaks Nature Center

7701 Royce Street, Annandale 22003

Presenter: Suzanne Holland

CDA Content Areas: 2, 3

### Early Literacy and the Preschooler

Course: 4 hours

Course Level: All Levels

Promote school readiness by learning about the six pre-reading skills children need to develop before they can learn to read. Discover how to successfully use books, rhymes and library resources with children ages 3 to 5.

**Tuesdays, April 17, 24**

**Course #: 1286-01**

**7 – 9 p.m.**

Sherwood Regional Library, Meeting Room

2501 Sherwood Hall Lane, Alexandria 22306

Presenter: Renee Edwards

CDA Content Area: 2

## Songs Throughout the Day

Course: 4 hours

Course Level: All Levels

Singing helps children learn new words, remember stories and have fun. Learn new songs to sing with children throughout the day in every child care setting.

**Thursdays, April 19, 26  
1 – 3 p.m.**

**Course #: 1293-02**

Resource Center at Main Street, Room 211  
10201 Main Street, Fairfax 22303  
Presenter: Bronwyn Dean

CDA Content Area: 2

## NEW! Infants and Toddlers: Strengthening Families

Workshop: 2 hours

Course Level: All Levels

Learn the importance of working with families to enhance the quality of care for their infants and toddlers. Explore ways to create family-friendly programs while developing positive, respectful and effective partnerships with parents. Sponsored by the Virginia Infant and Toddler Specialist Network.

**Thursday, April 19  
7 – 9 p.m.**

**Course #: 1434-01**

Resource Center at Main Street, Room 211  
10201 Main Street, Fairfax 22303  
Presenter: Julie Renne

CDA Content Area: 4

## NEW! Paving the Way to Kindergarten: Getting Ready for the First Day

Workshop: 3 hours

Course Level: All Levels

Discover what it is like for a young child on his or her first day of kindergarten. Learn strategies that can help children make a seamless and successful transition to kindergarten.

**Saturday, April 21  
9:30 a.m. – 12:30 p.m.**

**Course #: 1424-01**

Resource Center at Main Street, Room 211  
10201 Main Street, Fairfax 22303  
Presenters: Linda Miller, Carol Osborn

CDA Content Areas: 2, 3

## Art for Infants and Toddlers

Workshop: 3 hours

Course Level: All Levels

Experience the visual arts from the perspective of infants and toddlers. Explore the early stages of the many ways children can express themselves through art, and learn how art enhances a child's early brain development. Be prepared to work with messy materials.

**Saturday, April 28  
9:30 a.m. – 12:30 p.m.**

**Course #: 1237-04**

Resource Center at Main Street, Room 208  
10201 Main Street, Fairfax 22303  
Presenter: Bronwyn Dean

CDA Content Area: 2

**April  
Classes**



### Brain Gym

Course: 8 hours

Course Level: All Levels

Brain Gym uses movement to stimulate learning and productivity. Explore simple exercises that activate pathways in the brain that lead to greater focus, concentration, movement, organization and communication.

Dress comfortably as you will be moving around the room and on the floor for activities.

**Wednesdays, May 2, 9, 16, 23**  
**7 – 9 p.m.**

**Course #: 1180-01**

Resource Center at Main Street, Room 211  
10201 Main Street, Fairfax 22030  
Presenter: Colleen Small

CDA Content Area: 2

### Art for Preschoolers

Course: 8 hours

Course Level: All Levels

Learn how to create a supportive atmosphere for young children to experience art. Identify and use strategies that encourage children to think about their art. Be prepared to work with messy materials.

**Thursdays, May 3, 10, 17, 24**  
**1 – 3 p.m.**

**Course #: 1256-01**

Resource Center at Main Street, Room 208  
10201 Main Street, Fairfax, 22030  
Presenter: Bronwyn Dean

CDA Content Area: 2

### Infants and Toddlers: Group Care

Course: 8 hours

Course Level: All Levels

Infants and toddlers in child care spend a great deal of time in groups. Explore ways that group care can support close, nurturing relationships and feelings of trust. Learn various ways to promote young children's healthy attachment to caring adults.

**Tuesdays and Thursdays,**  
**May 3, 8, 17, 22**  
**7 – 9 p.m.**

**Course #: 1244-01**

Resource Center at Main Street, Room 211  
10201 Main Street, Fairfax 22030  
Presenter: Marshann Snyder  
CDA Content Areas: 3, 5, 8

### NEW! Rethinking the Brain, Part II

Course: 6 hours

Course Level: Intermediate

Based on John Medina's new book "Brain Rules for Baby," learn how to support young children's development into smart, competent, and moral children. Discuss the role of relationships, play and guidance in young children's brain development. **You must have taken "Rethinking the Brain" to be eligible for this class.**

**Thursdays, May 3, 17, 24**  
**7 – 9 p.m.**

**Course #: 1428-01**

Gum Springs Glen, Training Room  
7839 Richmond Highway, Alexandria 22306  
Presenter: Maria Gallagher  
CDA Content Area: 2

### NEW! Rethinking the Brain, Part II

Course: 6 hours

Course Level: Intermediate

Based on John Medina's new book "Brain Rules for Baby," learn how to support young children's development into smart, competent, and moral children. Discuss the role of relationships, play and guidance in young children's brain development. **You must have taken "Rethinking the Brain" to be eligible for this class.**

**Mondays, May 7, 14, 21**  
**7 – 9 p.m.**

**Course #: 1428-02**

Resource Center at Main Street, Room 211  
10201 Main Street, Fairfax 22030  
Presenter: Maria Gallagher  
CDA Content Area: 2



### Movement Activities for Preschoolers

Course: 6 hours

Course Level: All Levels

Encourage children to be more active through games and movement activities. Come ready to explore movement and learn new activities to use with the children in your care. Dress comfortably as you will be moving around the room and on the floor for activities.

**Mondays, May 7, 14, 21  
7 – 9 p.m.**

**Course #: 1324-03**

Resource Center at Main Street, Room 202  
10201 Main Street, Fairfax 22030  
Presenter: Bronwyn Dean  
CDA Content Area: 2

### Mother Nature's Child

Course: 4 hours

Course Level: Advanced

Connecting with nature allows for freedom of discovery and learning opportunities that cannot be found indoors. Explore strategies to help children of all ages learn to love being outdoors.

**Wednesdays, May 9, 16  
7 – 9 p.m.**

**Course #: 1406-01**

Resource Center at Main Street, Room 213  
10201 Main Street, Fairfax 22030  
Presenter: Karen Quist  
CDA Content Areas: 2, 3

### Storytelling

Workshop: 3 hours

Course Level: All Levels

Learn and practice simple techniques for sharing stories to spark children's imagination, build literacy skills, and have fun.

**Saturday, May 19  
9:30 a.m. – 12:30 p.m.**

**Course #: 1320-02**

Gum Springs Glen, Training Room  
7839 Richmond Highway, Alexandria 22306  
Presenter: Maria Gallagher  
CDA Content Area: 2

### Sensory Awareness and Sensory Tables

Workshop: 3 hours

Course Level: All Levels

Explore various sensory awareness activities you can provide for children throughout the year, using materials you probably already have in your program. Be prepared to work with messy materials.

**Saturday, May 19  
9:30 a.m. – 12:30 p.m.**

**Course #: 1328-01**

Resource Center at Main Street, Room 208  
10201 Main Street, Fairfax 22030  
Presenter: Bronwyn Dean  
CDA Content Area: 2

### ¡Nuevo! Guía positiva: estrategias para el beneficio mutuo del niño y el adulto

Curso: 6 horas

Nivel del Curso: Todos los Niveles

Explore que significa guía positiva y como establecerlo en su programa de desarrollo infantil. Aprenda estrategias para interactuar positivamente con los niños y las diferentes maneras que el ambiente, las actividades y los materiales contribuyen a que el comportamiento del niño sea positivo y a su vez desarrolla su autoestima y habilidades socio-emocionales.

**Sábados, 14 y 28 de enero  
9:30 a.m. – 12:30 p.m.**

**Curso #: 1429-11**

Resource Center at Main Street, Sala 211  
10201 Main Street, Fairfax 22030  
Presentadora: Jill Aviles  
Áreas Temáticas de CDA: 3, 6

### Arte para bebés y niños pequeños

Taller: 3 horas

Nivel del Curso: Todos los Niveles

Aprenda como los niños pequeños se expresan en diversas maneras mediante el arte, y como las actividades artísticas benefician el desarrollo cerebral a la edad temprana. Cuando experimentamos el arte desde la perspectiva de los bebés y los niños pequeños, aprendemos como crear un ambiente que promueva la expresión creativa. Venga preparada a divertirse ensuciando sus manos creando obras artísticas.

**Sábado, 28 de enero  
9:30 a.m. – 12:30 p.m.**

**Curso #: 1237-11**

Resource Center at Main Street, Sala 208  
10201 Main Street, Fairfax 22030  
Presentadoras: Rocio Sotil, Maria Henriquez, Bronwyn Dean  
Área Temática de CDA: 2

Cursos en  
Español

### ¡Nuevo! El temperamento y el desarrollo optimo del niño

Curso: 4 horas

Nivel del Curso: Todos los Niveles

Explore que son los diferentes tipos de temperamento de los niños y como planificar actividades que responden a los diferentes tipos. Aprenda los tres tipos de temperamento e identifique maneras que pueden responder a los diferentes tipos de temperamento para apoyar el desarrollo de los niños en su programa.

**Jueves, 8 y 15 de marzo**  
**7 – 9 p.m.**

**Curso #: 1430-11**

Resource Center at Main Street, Sala 213  
10201 Main Street, Fairfax 22030  
Presentadora: Jill Aviles

Áreas Temáticas de CDA: 2, 3

### ¡Nuevo! Incluyendo a niños con necesidades especiales

Taller: 4 horas

Nivel de Curso: Todos los Niveles

Los niños se benefician jugando, aprendiendo y trabajando con niños que tienen habilidades diversas. Explore las maneras en que los niños pequeños difieren en su desarrollo, incluyendo a aquéllos que tienen discapacidades. Utilizamos ejemplos de la vida real, discutimos maneras prácticas y positivas para incluir con éxito a los niños con necesidades especiales en su programa.

**Tendremos un descanso de media hora para almorzar. Por favor traiga su almuerzo y una bebida.**

**Sábado, 24 de marzo**  
**9:30 a.m. – 2 p.m.**

**Curso #: 1437-11**

Gum Springs Glen, Sala de Entrenamiento  
7839 Richmond Highway, Alexandria 22306  
Presentadora: Annice van der Sluis

Áreas Temáticas de CDA: 2, 3, 4

### Interacciones enriquecedoras entre adultos y niños: nacimiento hasta 3 años

Taller: 4 horas

Nivel del Curso: Todos los Niveles

Explore maneras para interactuar con los infantes, los niños pequeños y los de 2 años de edad en un modo enriquecedor que apoye el desarrollo saludable de los niños. Aprenda a ayudar a los niños a regular sus propios comportamientos e identificar sus sentimientos. Patrocinado por las Especialistas en Infantes y Niños de Virginia.

**Tendremos un descanso de media hora para almorzar. Por favor traiga su almuerzo y una bebida.**

**Sábado, 31 de marzo**  
**9:30 a.m. – 2 p.m.**

**Curso #: 1371-11**

Gum Springs Glen, Sala de Entrenamiento  
7839 Richmond Highway, Alexandria 22306  
Presentadora: Annice van der Sluis

Áreas Temáticas de CDA: 3,8

### Interacciones enriquecedoras entre adultos y niños: preescolares

Taller: 4 horas

Nivel del Curso: Todos los Niveles

Explore maneras para interactuar con los niños en edad preescolar y desarrolle relaciones enriquecedoras que apoyen el crecimiento y el desarrollo saludable. Aprenda estrategias enriquecedoras para promover las relaciones sociales positivas entre los niños.

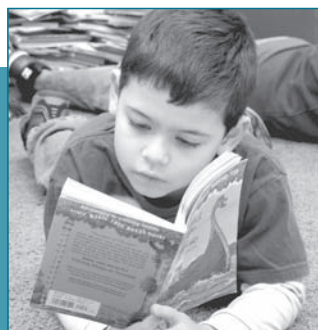
**Tendremos un descanso de media hora para almorzar. Por favor traiga su almuerzo y una bebida.**

**Sábado, 5 de mayo**  
**9:30 a.m. – 2 p.m.**

**Curso #: 1376-11**

Gum Springs Glen, Sala de Entrenamiento  
7839 Richmond Highway, Alexandria 22306  
Presentadora: Annice van der Sluis

Áreas Temáticas de CDA: 3,8



**your Library**  
Fairfax County Public  
We're everywhere you are

## Using the Library Can Help Your Child Care Program

- Borrow children's books in a variety of languages.
- Read books about early childhood education.
- Take children to free library programs.

Ask a librarian about the many free programs and services offered by the Fairfax County Public Library.

[www.fairfaxcounty.gov/library](http://www.fairfaxcounty.gov/library)



# Wolf Trap Institute for Early Learning Through the Arts



The Wolf Trap Institute for Early Learning Through the Arts provides innovative, arts-based teaching strategies and services to early childhood teachers, caregivers, parents and their young children through drama, music and movement. The Fairfax County Office for Children is pleased to offer workshops in partnership with Wolf Trap.

## NEW! Sing a Song of Stories

Workshop: 3 hours

Course Level: All Levels

Learn how to link children's stories with music and movement. Explore the beat and rhythm of language from books through chanting, call-and-response, and rhythm instruments. Engage very young children through sight, sound, touch and movement to make children's stories a multi-sensory experience.

**Saturday, February 25**

**Course #: 1431-01**

**10 a.m. – 1 p.m.**

Center for Education at Wolf Trap  
1645 Trap Road, Vienna 22182  
Wolf Trap Artist: Valerie Bayne Carroll

CDA Content Areas: 2, 3

## NEW! Math Detectives: Where's the Math?

Workshop: 3 hours

Course Level: All Levels

Discover that math is all around you and is hidden in books that you probably already love. Using drama methods, learn to look at children's books, old and new, in a different way, uncovering natural math concepts embedded in the story experience.

**Saturday, March 24**

**Course #: 1432-01**

**10 a.m. – 1 p.m.**

Center for Education at Wolf Trap  
1645 Trap Road, Vienna 22182  
Wolf Trap Artist: Katherine Lyons

CDA Content Areas: 2, 3

## NEW! Dancing Like a Scientist

Workshop: 3 hours

Course Level: All Levels

Explore the use of dance and movement to teach the scientific processes of observing, classifying, predicting, exploring and communicating to young children.

**Saturday, April 21**

**Course #: 1433-01**

**10 a.m. – 1 p.m.**

Center for Education at Wolf Trap  
1645 Trap Road, Vienna 22182  
Wolf Trap Artist: Amanda Layton

CDA Content Areas: 2, 3

## Directions to the Center for Education at Wolf Trap

**From the Capital Beltway (495)**, take exit 45 to Route 267 West (Dulles Toll Road). Follow signs to local exits, pay the toll and exit at the Wolf Trap ramp. Make a U-turn at the Filene Center, drive ¼ mile. The Center for Education will be on your left.

**From Interstate 66 west-bound**, take exit 67 to Route 267 (Dulles Toll Road). Follow signs for local exits, pay the toll and exit at the Wolf Trap ramp. Make a U-turn at the Filene Center, drive ¼ mile. The Center for Education will be on your left.

**From Interstate 66 east-bound**, take the Capital Beltway (495) North to exit 45 onto Route 267 (Dulles Toll Road). Follow signs to local exits, pay the toll and exit at the Wolf Trap ramp. Make a U-turn at the Filene Center, drive ¼ mile. The Center for Education will be on your left.

**From Route 7 west-bound**, turn left on Towlston Road, drive 1¼ miles. The Center for Education is on the left.

**From Route 267 east-bound**, take exit 16 onto Route 7 West. Proceed 1½ miles and turn left on Towlston Road. Drive 1¼ miles. The Center for Education will be on your left.

For information on how to reach this location using public transportation, visit [www.fairfaxconnector.com](http://www.fairfaxconnector.com) 703-339-7200; TTY 703-339-1608 or [www.wmata.com](http://www.wmata.com); 202-637-7000; TTY 202-638-3780.

Wolf Trap



# SCHOOL READINESS CERTIFICATE

There are four courses in the School Readiness Certificate program. This 45-hour program will prepare you with the knowledge and skills needed to help children enter kindergarten ready to succeed. To receive a School Readiness Certificate, you will be required to attend all sessions in all four courses.

To earn a School Readiness Certificate, the four courses must be completed in the following order:

**Course 1:** Understanding the Role of the “Early Learning Guidelines” in Assuring School Readiness

**Course 2:** Planning Early Learning Environments and Daily Routines

**Course 3:** Exploring Curriculum and Building Quality Portfolios

**Course 4:** Helping Children and Families Make Terrific Transitions

## School Readiness

**School Readiness Certificate courses are offered as follows:**

**Fall Catalog — Courses 1 and 2**

(September through December)

**Winter/Spring Catalog — Courses 3 and 4**

(January through May)

Please call 703-324-3044 if you have questions about enrolling in the School Readiness Certificate Program.

Participants who complete all four School Readiness Certificate courses may be eligible to receive college credits from the Northern Virginia Community College. Ask your course instructor for more information.



### Course 3:

#### Exploring Curriculum and Building Quality Portfolios

Course: 10 hours

Course Level: Advanced

Define curriculum and review curriculum approaches as well as reflect on the adult's role in providing meaningful experiences and purposeful interactions for individual children. Discuss how to individualize curriculum plans and how to build quality portfolios based on observations of children.

**Please note: To enroll in this course, you must have already taken Courses 1 and 2.**

**Tuesdays,**

**January 10, 24; February 7, 21; March 6  
7 – 9 p.m.**

**Course #: 1233-01**

Resource Center at Main Street, Room 211

10201 Main Street, Fairfax, 22030

Presenter: Marshann Snyder

CDA Content Areas: 2, 3, 4, 7, 8

### Course 3:

#### Exploring Curriculum and Building Quality Portfolios

Course: 10 hours

Course Level: Advanced

Define curriculum and review curriculum approaches as well as reflect on the adult's role in providing meaningful experiences and purposeful interactions for individual children. Discuss how to individualize curriculum plans and how to build quality portfolios based on observations of children.

**Please note: To enroll in this course, you must have already taken Courses 1 and 2.**

**Thursdays,**

**January 5, 19; February 2, 16; March 1**

**Course #: 1233-02  
7 – 9 p.m.**

Resource Center at Main Street, Room 211

10201 Main Street, Fairfax, 22030

Presenter: Marshann Snyder

CDA Content Areas: 2, 3, 4, 7, 8

### Course 4:

#### Helping Children and Families Make Terrific Transitions

Course: 10 hours

Course Level: Advanced

Look at a variety of approaches that will help you understand the expectations of kindergarten teachers. Explore strategies to building smooth transitions and fostering strong relationships.

**Please note: To enroll in this course, you must have already taken Courses 1, 2 and 3.**

**Tuesdays,**

**March 20; April 3, 17; May 1, 15  
7 – 9 p.m.**

**Course #: 1209-01**

Resource Center at Main Street, Room 211

10201 Main Street, Fairfax, 22030

Presenter: Marshann Snyder

CDA Content Areas: 3, 4, 5, 6, 8

### Course 4:

#### Helping Children and Families Make Terrific Transitions

Course: 10 hours

Course Level: Advanced

Look at a variety of approaches that will help you understand the expectations of kindergarten teachers. Explore strategies to building smooth transitions and fostering strong relationships.

**Please note: To enroll in this course, you must have already taken Courses 1, 2 and 3.**

**Thursdays,**

**March 15, 29; April 12, 26; May 10  
7 – 9 p.m.**

**Course #: 1209-02**

Resource Center at Main Street, Room 211

10201 Main Street, Fairfax, 22030

Presenter: Marshann Snyder

CDA Content Areas: 3, 4, 5, 6, 8

School  
Readiness



# Serve Nutritious Meals and Earn Cash For Your Child Care Program

By participating in the USDA Child and Adult Care Food Program, you can be reimbursed for some of the cost of providing healthy meals and snacks to the children in your care.

In addition to cash reimbursements, you will also receive:

- Priority registration for special workshops for USDA Child and Adult Care Food Program participants;
- Help in communicating with parents about food-related issues;
- Assistance in planning well-balanced meals and snacks;
- Consultation with nutrition specialists.

Consider how much you can receive from the USDA Child and Adult Care Food Program:

USDA Child and Adult Care Food Program

## Money You Could Claim Monthly

Number of Children in Care	Tier One*	Tier Two*
5	\$446.25	\$214.20
3	\$267.75	\$128.52
1	\$89.25	\$42.84

## Money You Could Claim Yearly

Number of Children in Care	Tier One*	Tier Two*
5	\$5,355.00	\$2,570.40
3	\$3,213.00	\$1,542.24
1	\$1,071.00	\$514.08

\*For information about eligibility requirements for each tier, call 703-324-8100.

As soon as you have a family child care permit or license and children in care, please call **703-324-8100** to register for a USDA Child and Adult Care Food Program orientation class or to schedule an in-home USDA Child and Adult Care Food Program orientation.



**Note:** The following workshops are designed specifically for family child care providers.

## USDA Child and Adult Care Food Program Orientation

Workshop: 2 hours      Course Level: Providers not currently enrolled in the USDA Food Program

Discover how the USDA Food Program will benefit your family child care business. Learn about the resources you receive when you participate in the Food Program. Learn how to join the Food Program and the easy way to submit your monthly claims for reimbursement. Please note: After you join the Food Program, your child care specialist will visit you in your home and will provide you with a certificate for two hours of training credit.

**Tuesday, January 3**      **Course #: 1814-01**  
**7 – 9 p.m.**

South County Center, Room 221  
8350 Richmond Highway, Alexandria 22309  
Presenter: Provider Services Staff  
CDA Content Area: 5

**Tuesday, February 7**      **Course #: 1814-02**  
**7 – 9 p.m.**

Burke Library, Room 116/117  
5935 Freds Oak Road, Burke 22015  
Presenter: Provider Services Staff  
CDA Content Area: 5

**Tuesday, March 6**      **Course #: 1814-03**  
**7 – 9 p.m.**

South County Center, Room 221A/B  
8350 Richmond Highway, Alexandria 22309  
Presenter: Provider Services Staff  
CDA Content Area: 5

**Tuesday, April 3**      **Course #: 1814-04**  
**7 – 9 p.m.**

Pennino Building, Room 1034  
12011 Government Center Parkway, Fairfax 22035  
Presenter: Provider Services Staff  
CDA Content Area: 5

**Tuesday, May 1**      **Course #: 1814-05**  
**7 – 9 p.m.**

Gum Springs Glen, Training Room  
7839 Richmond Highway, Alexandria 22306  
Presenter: Provider Services Staff  
CDA Content Area: 5

## Marketing Strategies

Workshop: 2 hours      Course Level: All Levels

Learn a fast, easy way to make a simple website at no cost, and find out how communicating with parents by email can impact your child care business.

**Thursday, January 12**      **Course #: 1847-01**  
**7 – 9 p.m.**

Pennino Building, Room 1034  
12011 Government Center Parkway, Fairfax 22035  
Presenter: Lois Kirkpatrick  
CDA Content Area: 5

## Tax Preparation for Family Child Care Providers

Workshop: 2 hours      Course Level: All Levels

This workshop will provide tax-saving information and tips for family child care providers. Learn how to make the most of deductible expenses, as well as record-keeping techniques that maximize income potential.

**Tuesday, January 24**      **Course #: 1820-01**  
**7 – 9 p.m.**

Pennino Building, Room 206  
12011 Government Center Parkway, Fairfax 22035  
Presenter: Martha Yungk  
CDA Content Area: 5

## NEW! MyPlate

Workshop: 3 hours      Course Level: All Levels

New dietary guidelines have been developed by the U.S. Department of Agriculture. Learn how to plan healthy meals by choosing foods from five different food groups to give the body the nourishment it needs.

**Saturday, January 28**      **Course #: 1815-01**  
**9:30 a.m. – 12:30 p.m.**

Pennino Building, Room 206  
12011 Government Center Parkway, Fairfax 22035  
Presenters: Kamini Jassal, Abeba Tzeggai  
CDA Content Area: 1



## Course List by Date

### Family Child Care Business Workshops

#### Child Abuse and Neglect Recognition and Response

Workshop: 2 hours

Course Level: All Levels

Explore the signs of child abuse and neglect. Review and discuss mandatory reporting guidelines.

**Wednesday, February 8**

**Course #: 1800-01**

**7 – 9 p.m.**

Pennino Building, Room 206  
12011 Government Center Parkway, Fairfax 22035  
Presenter: Child Protective Services Staff

CDA Content Area: 5

#### SIDS and Shaken Baby Syndrome

Workshop: 2 hours

Course Level: All Levels

Learn ways to prevent Sudden Infant Death Syndrome. Discuss the dangers of Shaken Baby Syndrome and explore techniques to help calm irritable infants.

**Wednesday, March 14**

**Course #: 1833-01**

**7 – 9 p.m.**

South County Center, Room 221  
8350 Richmond Highway, Alexandria 22309  
Presenter: Betty Connal

CDA Content Area: 1

#### Growing Your Child Care Business

Workshop: 2 hours

Course Level: All Levels

Learn ways to run a successful family child care business, including effective marketing and record management. This information will be especially helpful for family child care providers who have been in business less than one year.

**NEW  
DATE**

**Thursday, February 23**

**Course #: 1805-01**

**7 – 9 p.m.**

Community Business Partnership Building, Suite C  
7001 Loisdale Road, Springfield 22150  
Presenter: Sonja Caison

CDA Content Area: 5

**Thursday, March 15**

**Course #: 1805-02**

**7 – 9 p.m.**

Pennino Building, Room 206  
12011 Government Center Parkway, Fairfax 22035  
Presenter: Sonja Caison

CDA Content Area: 5

**Thursday, May 17**

**Course #: 1805-03**

**7 – 9 p.m.**

Community Business Partnership Building, Suite C  
7001 Loisdale Road, Springfield 22150  
Presenter: Sonja Caison

CDA Content Area: 5

#### Record-Keeping Management

Course: 4 hours

Course Level: All Levels

Good record-keeping strategies help your child care business. Learn how to keep accurate records of your income and expenses. Explore ways to create effective record-keeping systems that will help you complete tax and business forms. Attendance at both classes is required to receive training credit.

**Wednesdays, April 4, 11**

**Course #: 1834-01**

**7 – 9 p.m.**

Pennino Building, Room 1034  
12011 Government Center Parkway, Fairfax 22035  
Presenter: Vilma Escobar

CDA Content Area: 5

#### Emergency Preparedness

Workshop: 2 hours

Course Level: All Levels

Learn how to enhance the emergency response plan you use to protect children in your care. Discuss communication and evacuation plans, as well as supplies for first aid and sheltering-in-place.

**Wednesday, April 11**

**Course #: 1803-01**

**7 – 9 p.m.**

Pennino Building, Room 206  
12011 Government Center Parkway, Fairfax 22035  
Presenter: Marcelo Ferreiro

CDA Content Area: 5

### Growing Your Child Care Business: The Next Step

Workshop: 3 hours

Course Level: All Levels

Learn winning ways to grow your family child care business, including low-cost marketing, interviewing skills and business planning. Discover proven ideas that can take your business to the next level.

**Saturday, April 14**

**Course #: 1806-01**

**9 a.m. – noon**

Pennino Building, Room 1034

12011 Government Center Parkway, Fairfax 22035

Presenter: Sonja Caison

CDA Content Area: 5

### Cooking With Children

Workshop: 3 hours

Course Level: All Levels

Children learn best from real experiences, and young children develop socially, emotionally, physically, cognitively and creatively as they cook. Learn age-appropriate ways to engage children by using basic cooking techniques.

**Saturday, April 28**

**Course #: 1818-01**

**9:30 a.m. – 12:30 p.m.**

Pennino Building, Room 206

12011 Government Center Parkway, Fairfax 22035

Presenters: Kamini Jassal, Abeba Tzeggai

CDA Content Areas: 2, 3

### Entrenamiento de Día Completo para las Proveedoras de Cuidado de Niños

Taller: 6 horas

Nivel del Curso: Todos los Niveles

Usted debe registrarse por adelantado para este entrenamiento de día completo. Registración empieza a la 8:30 a.m. Los talleres comienzan a la 9:00 a.m. Cada participante será asignado un taller. Las proveedoras acumularán 6 horas de crédito por este entrenamiento.

**Sábado, 19 de mayo**

**Curso #: 1816-11**

**9 a.m. – 4 p.m.**

Pennino Building, Sala 206

12011 Government Center Parkway, Fairfax 22035

Presentadoras: CEPS Staff

Área Temática de CDA: 2



Family Child  
Care Business  
Workshops

# Do You Care for School-Age Children?

## Consider Taking One of These New Classes!



### School Age: Designers in the Making

Discover how to put the “fun” in “function” by using recycled materials to build structures as a team.

**Saturday, February 18 or March 3**

**9:30 a.m. – 12:30 p.m.**

Resource Center at Main Street, Room 208  
10201 Main Street, Fairfax 22030

More Details  
on page 9.

### School Age Science: Look, It's a Grasshopper!

Learn how to use common, everyday items to create amazing science activities.

**Monday, March 5**

**7 – 9 p.m.**

Resource Center at Main Street, Room 208  
10201 Main Street, Fairfax 22030

More Details  
on page 10.



### School Age: Games Around the World

Come prepared to play and explore the history behind children's games from around the world.

**Monday, March 19**

**7 – 9 p.m.**

Resource Center at Main Street, Room 213  
10201 Main Street, Fairfax 22030

More Details  
on page 11.

# HEALTH RESOURCES FOR CHILD CARE PROVIDERS

The county provides this list as a sample of companies that provide pediatric (infant and child) CPR and first aid. It is not a complete list, and is not offered by the county as a recommendation or endorsement. You are encouraged to do your own research in selecting a company for these services.

**Kennya Alvarado-Hernandez**

(English and Spanish)  
571-991-2762  
alvaradokennya@gmail.com

**American Health Services**

www.americanhealthserve.com  
703-619-1034

**American Lifeguard Association**

www.americanlifeguard.com  
703-761-6750

**American Red Cross** (English and Spanish)

www.redcross.org  
703-584-8700

**Berea Health Services** (English and Spanish)

www.bereahealthservicescpr.webs.com  
703-585-2593

**CISNE Services** (English and Spanish)

www.cprcp.com  
703-574-3726

**CPR-N-U**

classes@CPR-N-U.com  
202-679-5880

**Adult & Community Education**

Fairfax County Public Schools  
www.fcps.edu/aceclasses  
703-658-1225

**Global Food Safety Training**

gfstinc@gmail.com  
703-888-3406

**GotCPR**

www.gotcpr.net  
571-218-0871

**Heart Starts, LLC**

www.heartstarts.com  
703-261-7098

**Inova**

www.inova.com  
703-750-8800

**KnowCPR, LLC**

703-528-7045  
www.knowcpr.com

**Safety First CPR & First Aid**

(English and Spanish)  
www.safety1stcpr.com  
703-209-2216

**Sandhya Parihar**

(English, Hindi and Urdu)  
sandhya\_parihar29@yahoo.com  
301-919-2685

The county welcomes your feedback on any of the companies listed above.

**Note:** When contacting these companies, confirm that you will be issued a CPR/first aid card. Online or video first aid and/or CPR training will not be accepted for permit certification.

Health  
Resources



## Health Department telephone numbers to call for TB Tests\*:

**Herndon**  
703-481-4242

**Mt. Vernon**  
703-704-5203

**Falls Church**  
703-534-8343

**Springfield**  
703-569-1031

**Fairfax**  
703-246-7100

\*You can also call your own doctor for a TB test.

## Medication Administration Training

The county provides this list as a sample of companies that provide PMAT or MAT training. It is not a complete list, and is not offered by the county as a recommendation or endorsement. You are encouraged to do your own research in selecting a company for these services. You can find additional vendors and scheduled trainings offered on TIPS calendar at: <https://www.dss.virginia.gov/family>.

**Christine Carlock, RN**

703-402-5011  
ccargo@verizon.net  
www.MATplusmore.com

**Grace Cole-Alston, RN**

703-757-0123  
703-969-1277  
NOVAMATTrainer@aol.com

**Regina Watson, RN**

703-470-9135  
daybreakhealth@comcast.net

**Kevin Coombs**

American Health Services  
703-619-1034  
Kevin.americanhealthserve@gmail.com  
www.americanhealthserve.com

**Marilyn Trapeni**

703-901-7310  
mhtrapeni@aol.com

**Dianne Dean**

Heart Starts, LLC  
703-261-7098  
www.heartstarts.com  
training@HeartStarts.com

**B. J. Fischer**

American Lifeguard Association  
703-761-6750  
www.americanlifeguard.com  
alalifeguard@aol.com

# HOW TO REGISTER ONLINE

Registration Begins Wednesday, December 14, 2011

Child Care Central - Fairfax County, Virginia - Windows Internet Explorer

http://www.fairfaxcounty.gov/ofc/

File Edit View Favorites Tools Help

Convert Select

Favorites Google Home Child Care Central - Fairfa... Department of Family Ser... Online Metrics - Office of ... Stock Photography Searc...

Child Care Central - Fairfax County, Virginia

Page Safety Tools

Fairfax County VIRGINIA

Home Living Here Doing Business Visiting Departments & Agencies

Search Site: Go Advanced Search

Index

- Contacts/Directions
- About the Office for Children
- Catalog -- Institute for Early Learning
- Child Care Assistance & Referral
- Dept. of Family Services
- Employees' Child Care Center
- Fairfax Futures
- Head Start
- News
- Permits & Regulations
- Register for Training
- SACC -- School Age Child Care
- School Readiness
- Training
- USDA Food Program
- VPI -- Virginia Preschool Initiative

Online Services

Our Government

News and Events

Maps, Facts & Stats

State & Federal

Child Care Central

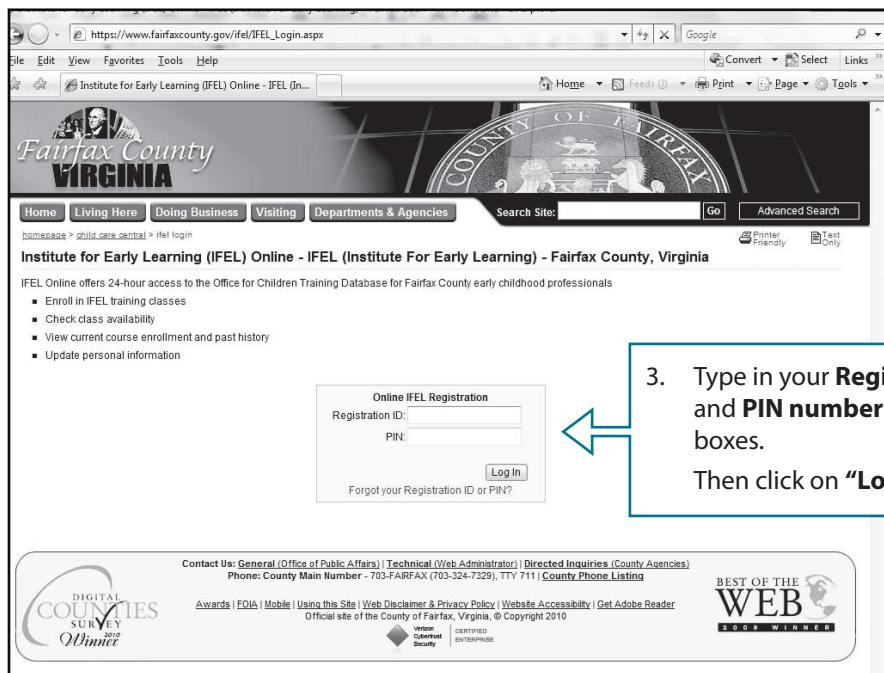
Click here

THIS MONTH

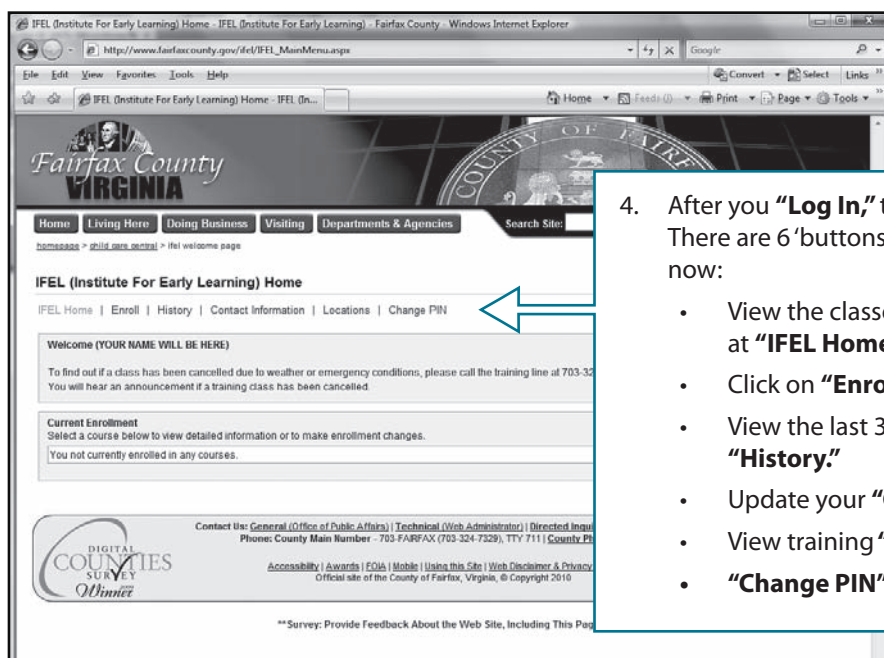
- SACC partners with the Peace Corps.
- Find out how to become a family child care provider.
- Everyday activities you can do to help your infant, toddler or preschooler love to learn.
- Office for Children Director honored by the Northern Virginia Association for the Education of Young Children.
- Find news and photos on Facebook!
- Office for Children partners with Fairfax Futures to support school readiness.

1. Type in the Web address: [www.fairfaxcounty.gov/ofc/](http://www.fairfaxcounty.gov/ofc/)
2. Click on the words **"Register for Training"** in the left-hand column.





3. Type in your **Registration ID number** and **PIN number** in the appropriate boxes.  
Then click on **"Log In."**



4. After you **"Log In,"** this Web page will appear. There are 6 'buttons' you can click on. You can now:

- View the classes for which you are enrolled at **"IFEL Home."**
- Click on **"Enroll"** to view classes and enroll.
- View the last 3 years of your training **"History."**
- Update your **"Contact Information."**
- View training **"Locations"** with directions.
- **"Change PIN"** number.

If you cannot remember your numbers, click on **"Forgot your registration information?"** and enter the email address you have on file with the Institute for Early Learning. Your ID and PIN will be sent to you via email. If you do not have an ID or PIN, please call **703-324-3044**.

## Register by Mail, Fax, in Person or Phone

### How to REGISTER BY MAIL, FAX OR IN PERSON

Registration Begins Wednesday, December 14, 2011

Registration forms will be processed beginning December 14, 2011.  
Forms received prior to that date cannot be processed.

**Registration  
Begins Wednesday,  
December 14, 2011**

### Mail or Fax

Fill out and mail or fax the registration form on page 27 to:

**Office for Children - Institute for Early Learning**

12011 Government Center Parkway, Suite 920

Fairfax, VA 22035

Fax number: 703-803-0116

Confirmation letters will be emailed to participants who have an email address on file with the Institute for Early Learning. Confirmation letters will be mailed to participants who do not have email. If you haven't received confirmation of your course or workshop, please call **703-324-3044** or email us at: [dfsifel@fairfaxcounty.gov](mailto:dfsifel@fairfaxcounty.gov).

### In Person

Drop off in person on or after Wednesday, December 14, 2011. Bring a copy of your completed registration form to our office:

**Pennino Building, Suite 920**

12011 Government Center Parkway

Fairfax, VA 22035

Office hours are Monday – Friday, 8 a.m. – 4:30 p.m.

### Phone

Please call **703-324-4018** if you would like to use our automated registration system. It uses a recorded voice to guide you through the registration process (staff are not available to register you by phone).

- Before you call, make a list of the course numbers of the classes you want to attend.
- Have your personal registration ID number and PIN number available. Please call 703-324-3044 if you do not know your personal registration ID number or your PIN number.
- Call **703-324-4018** and listen to the instructions carefully.
- Press 2 and follow the instructions to enroll in training. Write down your classes and enrollment status before you hang up.

**PLEASE NOTE:** If we have your email address, you will receive an email stating that you are enrolled in the class you selected, or that you are on the waitlist. You will not receive a confirmation letter by mail. However, you can always call the automated phone system again to hear your enrollment or waitlist status.

# January - May 2012 Registration Request Form

## Registration Request Form

Registration Begins Wednesday, December 14, 2011.

Registration forms will be processed beginning December 14, 2011.  
Forms received prior to that date cannot be processed.

- To enroll, you must be working in a legally operating child care center, preschool or family child care home in Fairfax County, or be an early childhood professional living in Fairfax County.
- This registration form must be filled out completely in order for your registration to be processed.
- Please include your Registration ID#. For more registration information, see pages 26-28. If you do not have a registration ID#, please call **703-324-3044** for more information.

**Please clearly print your full name and current home address.**

☐ Check if name, address or phone number are new. Registration ID \_\_\_\_\_

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Home Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Cell \_\_\_\_\_ Work \_\_\_\_\_

Email \_\_\_\_\_ **Confirmation letters are now sent to your email address.**

### Check one

- ☐ Center Director/Administrator  
Name of Center or School \_\_\_\_\_
- ☐ Child Care Center/ Preschool Staff  
Name of Center or School \_\_\_\_\_
- ☐ Family Child Care Provider
- ☐ Other \_\_\_\_\_

### Courses

- You may register for two IFEL courses/workshops. If you list more than two choices, please list them in order of your preference as you will only be considered for two courses/workshops.
- If you are a family child care provider, you may also register for two Family Child Care Business Workshops (pages 21-23).

Course #	Course Title	Start Date	Course Hours	For OFC Use Only	
				Enrolled	Waitlist
		/ /			
		/ /			
		/ /			
		/ /			
		/ /			

**Please mail, fax or deliver this registration form to:**

Office for Children, 12011 Government Center Parkway, Pennino Building, Suite 920, Fairfax, VA 22035

**Fax:** 703-803-0116      **Telephone:** 703-324-3044 (for information only, **not** for registration)

**Email:** [dfsifel@fairfaxcounty.gov](mailto:dfsifel@fairfaxcounty.gov)



# Find Us On Facebook



Enjoy videos, photos and  
Office for Children news  
on Facebook!



From your Facebook page,  
type “Child Care Central” into the search box.

**Be sure to leave a comment and let us know you like our page!**

# Make Your Business More Successful: Use the Internet

## Email

Many parents in Fairfax County can communicate by email. If you have an email address, it's easier for parents to contact you about putting their children in your care. Learning how to use email can help you to have a more successful business.

If you don't have access to the Internet, you can use the Internet for free at a public library. You can send and receive email at home or from the library by using these websites:

<a href="http://www.yahoo.com">www.yahoo.com</a>	<a href="http://www.hotmail.com">www.hotmail.com</a>
<a href="http://www.lycos.com">www.lycos.com</a>	<a href="http://www.excite.com">www.excite.com</a>
<a href="http://www.gmail.com">www.gmail.com</a>	<a href="http://www.aol.com">www.aol.com</a>

Email also makes it easier to communicate with the Fairfax County Office for Children. If you have email, you can use it to:

- Find out important information about your permit, and also about training.
- Receive confirmation that you are registered for training.
- Email questions to your child care specialist or the Institute for Early Learning ([dfsifel@fairfaxcounty.gov](mailto:dfsifel@fairfaxcounty.gov)).



## Website

After you are comfortable with using email, you may want to create a website. A website gives parents an easy way to find out about your business. To create a website, you can:

- Create one yourself at no cost through:  
[www.wordpress.com](http://www.wordpress.com)  
[www.blogger.com](http://www.blogger.com)
- Pay a website designer to create one for you.
- Buy a website from places like  
[www.networksolutions.com](http://www.networksolutions.com)  
[www.smallbusiness.yahoo.com](http://www.smallbusiness.yahoo.com)  
[www.godaddy.com](http://www.godaddy.com).
- Have a friend or relative make one for you.

If you would like to learn more about the Internet or using email, you can take free classes at a public library. To find out about their computer classes, call or visit a library near you. Or, register for the Marketing Strategies workshop (page 21).

Please notify the Fairfax County Office for Children as soon as you get an email address. Call **703-324-3044**, or send your new email address to: [\*\*dfsifel@fairfaxcounty.gov\*\*](mailto:dfsifel@fairfaxcounty.gov).

Internet

The websites on this page are for informational purposes only and are not endorsed by the Fairfax County Office for Children.



# Directions

## Directions to Selected Training Sites

### Resource Center at Main Street

The Resource Center at Main Street is located at 10201 Main Street, Fairfax, 22030 in the same building as World Gym, next to the Fairfax Museum and Visitor's Center, and across the street from the Main Street Market Place shopping center.

From the Beltway (I-495), take Little River Turnpike (Route 236) west approximately four miles. Turn left onto Locust Street. Turn right into parking lot either in front of or behind building.

From Route 66, take Route 123 south toward Fairfax. Turn left onto North Street. Turn right onto Old Lee Highway. Turn left onto Main Street. Turn right onto Locust Street. Turn right into parking lot in front of or behind building.

For information on how to reach this location using public transportation, visit [www.fairfaxconnector.com](http://www.fairfaxconnector.com) 703-339-7200; TTY 703-339-1608 or [www.wmata.com](http://www.wmata.com) 202-637-7000; TTY 202-638-3780.

### Gum Springs Glen

Gum Springs Glen is located at 7839 Richmond Highway, Alexandria, 22306 across from Mount Vernon Crossroads Shopping Center and A.J. Wright.

This is a senior citizen apartment complex. Park in VISITOR SPACES ONLY.

From the beltway (I-495), exit 177A onto Richmond Highway (US 1) South. Turn left onto Belford Drive across from A.J. Wright. Make an immediate left and drive to the back of the building. **The entrance for the Office for Children training room is only accessible from the rear parking lot.**

From the Fairfax County Parkway and southern Fairfax County, drive north on Richmond Highway (US 1). Turn right onto Belford Drive across from A.J. Wright. Make an immediate left and drive to the back of the building. **The entrance for the Office for Children training room is only accessible from the rear parking lot.**

For information on how to reach this location using public transportation, visit [www.fairfaxconnector.com](http://www.fairfaxconnector.com) 703-339-7200; TTY 703-339-1608 or [www.wmata.com](http://www.wmata.com) 202-637-7000; TTY 202-638-3780.

### South County Center

The South County Center is located at 8350 Richmond Highway, Alexandria, 22309 across from NAPA Auto Parts. The parking lot and main entrance to the South County Center are located behind the building.

From the Beltway (I-495), exit 177A onto Richmond Highway (US 1) South. Drive approximately five miles. Turn right at Mohawk Lane into the parking lot.

From Fairfax County Parkway (Route 7100), take the Rolling Road exit (becomes Pohick Rd). Drive 4 miles and turn left onto Richmond Highway (US 1). Drive 5.5 miles and turn left at Mohawk Lane into the parking lot.

For information on how to reach this location using public transportation, visit [www.fairfaxconnector.com](http://www.fairfaxconnector.com) 703-339-7200; TTY 703-339-1608 or [www.wmata.com](http://www.wmata.com) 202-637-7000; TTY 202-638-3780.

### Pennino Building

The Pennino Building is located at 12011 Government Center Parkway, Fairfax, 22035, near Fair Oaks Mall and directly across from the Fairfax County Government Center.

From the beltway (I-495), take Route 66 West. Exit Route 66 onto Route 50 West. Exit Route 50 onto West Ox Road (Route 608) South. Turn left at traffic light onto Monument Drive (east). Turn right onto Government Center Parkway. Turn right onto Post Forest Road and then turn right into the parking lot for Pennino Building. Park in the visitor parking spaces.

From the Fairfax County Parkway Northbound (Route 7100N), turn right at light onto Fair Lakes Parkway (east). Turn right at light onto Monument Drive (east). Turn right onto Government Center Parkway. Turn right onto Post Forest Road and then turn right into parking lot for Pennino Building.

From the Fairfax County Parkway Southbound (Route 7100S), turn left at light onto Fair Lakes Parkway (east). Turn right at light onto Monument Drive (east). Turn right onto Government Center Parkway. Turn right onto Post Forest Road and then turn right into parking lot for Pennino Building.

For information on how to reach this location using public transportation, visit [www.fairfaxconnector.com](http://www.fairfaxconnector.com) 703-339-7200; TTY 703-339-1608 or [www.wmata.com](http://www.wmata.com) 202-637-7000; TTY 202-638-3780.

# Fairfax County Early Learning Guidelines

## **Social & Emotional Development**

Self-Concept  
Self-Control  
Cooperation  
Social Relations  
Knowledge of Families and Communities

## **Approaches to Learning**

Initiative and Curiosity  
Engagement and Persistence  
Reasoning and Problem Solving

## **Language**

Listening and Understanding  
Speaking and Communicating

## **Literacy**

Phonological Awareness  
Book Knowledge and Appreciation  
Print Awareness and Concepts  
Early Writing  
Alphabet Knowledge

## **Mathematics**

Number and Operations  
Geometry and Spatial Sense  
Patterns and Measurement

## **Science**

Scientific Skills and Methods  
Scientific Knowledge

## **Creative Arts**

Music  
Art  
Movement  
Dramatic Play

## **Health and Physical Development**

Gross Motor Skills  
Fine Motor Skills  
Health Status and Practices

Office for Children  
Fairfax County Dept. of Family Services  
12011 Government Center Parkway, Suite 920  
Fairfax, Virginia 22035-1102

PRST STD  
U.S. POSTAGE  
PAID  
PERMIT 45  
FAIRFAX VA

Postmaster:

**TIME SENSITIVE MATERIALS**

Please deliver by December 5, 2011.

